

SEASONAL WELLNESS STRATEGIES

PHYSICAL HEALTH

Seasonal wellness involves adjusting our habits and routines to align with the changing environment. This includes physical health, mental well-being, and lifestyle adjustments that cater to the unique challenges and opportunities each season presents.

As the seasons change, so do our wellness needs. For students and families, maintaining health and well-being throughout the year requires adapting to seasonal shifts. The information below provides practical strategies to stay healthy and thrive during the upcoming winter season.



PHYSICAL HEALTH TIPS FOR WINTER WELLNESS:



ENGAGE IN REGULAR PHYSICAL ACTIVITY TO COMBAT WINTER BLUES

- Opt for activities that you find fun, such as dancing, stretching, nature walks, yoga, or following online workout videos.
- Enjoyment increases the likelihood of sticking with the habit.



MAKE IT SOCIAL

- Join a fitness class, sign up for a local winter sport like indoor rock climbing, or invite a friend for a brisk walk.
- Social interaction during exercise can enhance mood and motivation.



LEVERAGE TECHNOLOGY

- Use fitness apps or online platforms for guided workouts and progress tracking.
- These tools can provide structure and encouragement even when you can't get outdoors.



PRACTICE GOOD HYGIENE TO PREVENT COLDS AND FLU

- Wash your hands frequently with soap and water for at least 20 seconds.
- Use hand sanitizer in situations where soap and water aren't available.



How can you adapt your wellness routine to embrace the unique challenges and opportunities this season brings?



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